

# Chocolate Chia Seed Pudding

## Ingredients:

- 1/4 cup cocoa powder
- 1/4 cup + 2 tablespoons chia seeds
- 1/4 cup + 2 tablespoons maple syrup\*
- 2 cups almond milk, unsweetened vanilla
- Pinch of sea salt



*\*Dr. Serna's note: I use much less!*

## Instructions:

Place all ingredients in a medium-size bowl and whisk until the cocoa powder has dissolved. Place in the refrigerator, covered, for around 6 hours or until the chia seeds turn jelly-like and the mixture thickens. Stir periodically. Alternatively, you may portion into individual dishes such as small mason jars to thicken as well.



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Adapted from:

<https://fitfoodiefinds.com/chocolate-chia-seed-pudding/>